

BalsamicVinegarDressing5

Number of Servings: 5 (30.81 g per serving)

Amount	Measure	Ingredient
5.00	Tbs	Vinegar, balsamic
5.00	Tbs	Oil, canola
1 1/4	tsp	Spice, onion, minced, dehyd
1/8	tsp	Spice, garlic Powder
3 3/4	tsp	Sugar

Nutrients per serving

Nutrition Facts			
Serving Size (31g)			
Servings Per Container			
Amount Per Serving			
Calories 130	Calories from Fat 120		
% Daily Value*			
Total Fat 14g	22%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 5mg	0%		
Total Carbohydrate 5g	2%		
Dietary Fiber 0g	0%		
Sugars 2g			
Protein 0g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Mix ingredients in container that you can shake before dispensing from as oil and vinegar will separate. Refrigerate and serve cold.

Each 2 T = 134 calories, 4 grams carbohydrate, 14 grams fat and 5 milligrams sodium

WHEN USING FOR CHEF SALAD DOUBLE RECIPE AS 1/4 CUP IS SERVED rather than 2 T serving size